

Cranberry Ham Slice

Makes: 6 Servings

Cranberry juice, raisins, allspice, and brown sugar give this dish a sweet and tangy sauce. Pour over ham slices and cook in the oven for 45 minutes. Serve with your favorite veggies for an easy dinner.

Ingredients

- 1 cup** brown sugar, firmly packed
- 1/2 tablespoon** cornstarch
- 1/2 teaspoon** allspice
- 2 cups** cranberry juice cocktail
- 2 tablespoons** lemon juice
- 1/4 cup** raisins, seedless
- 2** ham slices, 1-inch thick

Directions

1. Set dial of temperature controlled burner at 225°F. Combine brown sugar, cornstarch, and allspice in a saucepan.
2. Gradually add the next three ingredients and stir. Cook until sauce thickens and boils.
3. Place one slice of ham in greased baking dish. Pour one half of the sauce over the ham slice. Top with second slice. Add remaining sauce.
4. Bake, covered in 350°F oven for 45 minutes.



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Nutrition Information

Nutrients	Amount
Calories	209
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	13 mg
Sodium	45 mg
Total Carbohydrate	47 g
Dietary Fiber	0 g
Total Sugars	42 g
Added Sugars included	37 g
Protein	4 g
Vitamin D	0 IU
Calcium	39 mg
Iron	1 mg
Potassium	175 mg

N/A - data is not available

MyPlate Food Groups

	Fruits	1/4 cup
	Protein Foods	1/2 ounce